



— Employee —
Safety Toolkit

pork
checkoff®



Movement

Movimiento



Movement (Movimiento)

Lifting (Levantar)

KNOWLEDGE CHECK

CHEQUEO DE CONOCIMIENTO

Directions (Direcciones):

Draw a line between each photo and the proper lifting technique that is shown in that photo.

Dibuja una línea entre cada foto y la técnica de levantamiento adecuada que se muestra en la foto.

Lifting Objects (Levantar objetos)



A. Bend your knees
Doblar tus rodillas



B. Lift with your legs
Levantar con las piernas



C. Avoid twisting
Evitar torcer



D. Avoid lifting higher than your chest
Evitar levantar más alto que el pecho

Lifting Pigs (Levantar Los Cerdos)



E. Stand parallel to pig
Permanecer paralelo al cerdo



F. Grip outside leg
Agarrar la pierna exterior



G. Lift pig straight up from a vertical position
Levantar el cerdo directamente hacia arriba desde una posición vertical



H. Lift with legs not back
Levantar con las piernas, no la espalda



Movement Lifting

SKILL LAB: MANAGER'S SHEET

Preparation for Skill Lab:

1. Gather sample heavy objects your employees would be likely to move (i.e. bags of feed or drying powder).

Facilitation of Skill Lab:

1. Instruct employees to review proper lifting technique for pigs and heavy objects.
2. Have employees demonstrate proper lifting technique for pigs and heavy objects.
3. Rate the employees and provide feedback for each step.

Take-away Question:

Ask the employees the take-away question and 2-3 days later have them answer the question. If they are new employees, wait a week to have them answer the question.

- When am I most likely to forget and not use proper lifting techniques?

Evaluation

Step	Evaluation Criteria	Rating & Feedback
1. Lifting objects	Could the employee demonstrate proper lifting technique for heavy objects?	☐ Satisfactory ☐ Needs Improvement <u>Feedback:</u>
2. Lifting pigs	Could the employee demonstrate proper lifting technique for pigs?	☐ Satisfactory ☐ Needs Improvement <u>Feedback:</u>

Knowledge Check Correct Answers: Objects: 1 - C, 2 - A, 3 - D, 4 - B Pigs: 1 - F, 2 - G, 3 - H, 4 - E



Movement (*Movimiento*)

Lifting (*Levantar*)

SKILL LAB: EMPLOYEE INSTRUCTION SHEET

LABORATORIO DE HABILIDADES: HOJA DE INSTRUCCIONES PARA LOS EMPLEADOS

Lifting Objects (*Levantar Objetos*)



Bend your knees
Doblar tus rodillas



Lift with your legs
Levantar con las piernas



Avoid twisting
Evitar torcer



Avoid lifting higher than your chest
Evitar levantar más alto que el pecho

Lifting Pigs (*Levantar Los Cerdos*)



Stand parallel to pig
Permanecer paralelo al cerdo



Grip outside leg
Agarrar la pierna exterior



Lift pig straight up from a vertical position
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Lift with legs not back
Levantar con las piernas, no la espalda

Take-away Question (*Pregunta Para Llevar*):

When am I most likely to forget and not use proper lifting techniques?

¿Cuándo estoy más propenso a olvidar y no usar de técnicas apropiadas para levantar?

